



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Behnke, Oliver

☐☐☐: 20:36:16

☐☐: LG Mauerweg

☐☐: 7.81 km/h

☐☐: 259

☐☐☐☐: 7:38 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 30 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 28 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 6(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

☐☐☐☐

☐☐☐☐

☐☐☐

☐☐☐	☐☐ km	☐☐ ☐☐ min	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	41:20	5:57	18	8:41	71	9:04	6.93	41:20	5:57	18	8:41	71	9:04
VP2 - Laufftreff Li	5.70	33:40	5:54	17	6:09	67	7:44	12.63	1:15:00	5:56	20	14:50	73	16:48
VP3 - Oranienbur	5.47	31:39	5:47	11	6:41	50	7:53	18.10	1:46:39	5:53	18	21:31	64	24:40
VP4 - Naturschut	4.97	30:18	6:05	7	4:40	33	7:09	23.07	2:16:57	5:56	14	26:11	52	31:49
VP5 - Frohnau	6.80	38:11	5:36	6	6:13	23	7:53	29.87	2:55:08	5:51	11	32:24	43	39:36
VP6 - Ruderclub	4.06	23:16	5:43	5	3:37	13	4:47	33.93	3:18:24	5:50	7	36:01	32	44:23
VP7 - Grenzturm	4.75	27:02	5:41	6	4:24	18	6:14	38.68	3:45:26	5:49	6	40:25	25	50:37
VP8 - Schönwald	7.53	47:03	6:14	8	9:18	25	11:27	46.21	4:32:29	5:53	6	49:43	24	1:02:04
VP9 - Falkenseer	5.69	35:45	6:16	5	5:36	21	8:37	51.90	5:08:14	5:56	6	55:19	22	1:10:41
VP10 - Karolinenl	6.60	43:16	6:33	7	8:44	26	13:07	58.50	5:51:30	6:00	6	1:04:03	21	1:23:48
VP11 - Pagel & Fi	4.90	33:21	6:48	8	6:08	25	10:36	63.40	6:24:51	6:04	6	1:10:11	21	1:34:24
VP12 - Schloss S	7.62	1:19:07	10:22	27	35:20	150	43:20	71.02	7:43:58	6:31	9	1:45:31	41	2:17:44
VP13 - Revierförs	6.21	40:59	6:35	5	3:41	12	11:19	77.23	8:24:57	6:32	8	1:49:12	33	2:29:03
VP14 - Brauhaus	6.00	44:05	7:20	7	6:43	26	14:33	83.23	9:09:02	6:35	8	1:55:55	32	2:43:36
VP15 - Gedenkst.	6.90	47:13	6:50	7	7:19	19	12:30	90.13	9:56:15	6:36	8	2:03:14	31	2:56:06
VP16 - Königswe	6.87	53:31	7:47	7	12:42	31	19:47	97.00	10:49:46	6:41	8	2:15:56	28	3:15:53
VP17 - Sportplatz	6.20	1:19:27	12:48	22	40:15	143	47:50	103.20	12:09:13	7:03	8	2:56:11	36	4:03:43
VP18 - Osdorfer	6.49	45:08	6:57	4	4:06	10	11:11	109.69	12:54:21	7:03	8	3:00:17	33	4:14:54
VP19 - Lichtenrav	5.71	47:32	8:19	10	12:26	56	18:13	115.40	13:41:53	7:07	8	3:11:50	33	4:33:07
VP20 - Kirchhain	4.35	47:44	10:58	18	20:04	104	23:26	119.75	14:29:37	7:15	8	3:29:06	37	4:56:33
VP21 - Buckow	6.15	46:07	7:29	5	7:48	21	11:07	125.90	15:15:44	7:16	8	3:34:56	35	5:07:40
VP22 - Rudow	4.97	55:19	11:07	18	24:50	112	33:56	130.87	16:11:03	7:25	8	3:57:43	36	5:34:20
VP23 - Johannistl	5.89	48:56	8:18	6	11:37	25	15:15	136.76	16:59:59	7:27	8	4:08:11	33	5:49:35
VP24 - Dammwe	5.64	54:43	9:42	10	18:47	61	23:02	142.40	17:54:42	7:32	8	4:25:05	34	6:12:16
VP25 - Eas Side	6.33	57:38	9:06	5	15:14	30	20:18	148.73	18:52:20	7:36	7	4:39:33	32	6:29:50
VP26 - Checkpoir	4.22	30:15	7:10	4	5:13	10	7:22	152.95	19:22:35	7:36	7	4:41:36	30	6:36:01
VP27 - Gedenkst.	4.12	39:17	9:32	7	13:25	42	14:34	157.07	20:01:52	7:39	7	4:55:01	31	6:48:54
Friedrich-Ludwig	4.78	34:24	7:11	5	6:12	24	10:01	161.85	20:36:16	7:38	6	5:01:13	28	6:56:05